

MULTIPLE USES OF HEMI-SYNC® IN CLINICAL MEDICINE

by Ralph J. Luciani, D.O., M.S., Ph.D.

Ralph J. Luciani is founder and medical director of The Albuquerque Clinic for Pain, Stress & Health Rehabilitation in New Mexico. Established in 1988, the clinic utilizes a multidisciplinary approach to the treatment of chronic diseases and pain syndromes, and the practice of clinical preventative medicine. Dr. Luciani offers this report on the application of Hemi-Sync for chronic pain, smoking dehabituatation, dental analgesia, surgical patients, and with other therapies. The Albuquerque Clinic, represented by Dr. Ralph Luciani and Karen Luciani, M.S., has been a member of the Professional Division since 1988.

At the Albuquerque Clinic, we focus on assisting individuals to make transformational shifts from thinking about physical infirmity solely as a physical phenomenon to self-realization of the inner potential of spirit and mind. Since my GATEWAY VOYAGE® at The Monroe Institute® in the summer of 1988, I knew that the Hemi-Sync process would play a major role in my practice because of its tremendous potential for effecting transformational change. It seemed to me that the process was able to aid people to get “unstuck,” and out of thinking of themselves as victims of their physical realities. My wife, Karen, followed me one month later to her GATEWAY VOYAGE. It stimulated such a profound change in her thinking that she continued her training to be a GATEWAY OUTREACH Trainer. She now leads bimonthly Hemi-Sync Excursion Workshops given at our Clinic for patients and other community members.

HEMI-SYNC FOR CHRONIC PAIN

One of the major uses of Hemi-Sync is in our comprehensive pain program. The clinic offers a two-week intensive program whereby the patient spends most of the day at the clinic seeing various practitioners for therapy. About two to three hours per day is spent in Hemi-Sync biofeedback therapy.

Patients are given a handbook which guides them through their two-week program. A schedule of Hemi-Sync tapes is included. The program is designed to lead patients through an evolution of consciousness during the physical aspects of their therapy. During each tape, a thermistor is attached to a finger to track temperature changes as an indication of the relaxation response. This method is also used for other relaxation tapes which do not include Hemi-Sync. However, we are using a Hemi-Sync synthesizer wired into the Clinic stereo system which allows us to play non-Hemi-Sync tapes, and add the appropriate Hemi-Sync signal. The patient's headset is plugged into the wall, and the patient relaxes in a lounge chair for the tape sessions. Each patient also gets homework tapes daily, and a sleep tape each night.

The results have been quite astounding. One patient was very resistant to the concept of the tapes, but continued to listen to them as directed. She admitted that, although she thought it sounded like “crazy stuff,” the tapes helped her to get pain relief and to relax. After her program was over, she purchased several tapes for herself. At follow-up visits she told me that at the end of a stressful day, she listens to a tape and has been able to prevent her back from hurting.

Another individual, a Vietnam veteran, was suffering from a work-related injury of two years’ duration. He also had a history of Post-Traumatic Stress Disorder (PTSD). During his Hemi-Sync therapy, he received insights into some of the factors which prevented him from letting go of his pain. Several scenarios from his Vietnam days were revealed to him which helped him understand himself better and feel more relaxed. Within three days of the beginning of his two-week program, all of the therapists remarked how this patient had already changed. He was physically less tense. His face was softer, more cheerful, and less stressed. He attended a GATEWAY OUTREACH EXCURSION workshop in which he further explored his emotional and physical pain.

With all of our cases in which the temperature thermistor is used for biofeedback, the use of the Hemi-Sync process has been shown to effect dramatic increases in skin temperature. As an example, the first patient discussed above had a formal biofeedback session on day one. Her temperature actually dropped, indicating increased tension. On day five she had a second formal session. She was able to raise her skin temperature over 10 degrees Fahrenheit. The biofeedback therapist was amazed. During those five days, the patient experienced Hemi-Sync two to three hours daily, using the skin temperature device. Her autonomic control was dramatically enhanced.

HEMI-SYNC FOR SMOKING DEHABITUATION

Another area of practice in which Hemi-Sync has proven to be very successful is in aiding patients to stop smoking. Our smoking program consists of behavioral counseling, a choice of acupuncture or hypnotherapy treatment, and the daily use of the Hemi-Sync *Dehab Smoking* tape. On the first visit, the patient is given several behavioral tips to help prevent the earned triggers for smoking, and the tape to begin using daily. The patient is told to set his/her own date as the “quit day,” and to decide whether to undergo acupuncture or hypnotherapy on that day. The treatment program is carried out and the patient continues to listen to the tape at least once, either during the day or at bedtime. All of our patients have successfully quit smoking and all report that the tape is a key factor. The tape is also something they can review when necessary to reinforce their belief that they are indeed nonsmokers.

DENTAL ANALGESIA

A local dentist who utilizes a very eclectic range of treatment methods has referred patients to me for assistance with dental analgesia. My program consists of giving the patient the *Pre-Op* tape from the EMERGENCY SERIES to listen to daily for one week prior to the procedure. During the dental procedure, the *Intra-Op* tape is played and acupuncture is administered for analgesia. I have treated three patients to date using this procedure.

The first patient was an R.N. who had tremendous fear of dental pain and didn't want injectable analgesia. The patient had both an inlay and a crown procedure. Both procedures are considered extremely uncomfortable. She experienced no pain and felt totally relaxed and happy during and after her procedure.

The second patient had a previous negative experience in the dental chair with an acute hypertensive episode accompanied by agitation requiring paramedic assistance. It was unclear whether the episode stemmed from extreme fear and anxiety, or was a reaction to the local anesthetic. Regardless, it was evident an alternative was needed. She was to have some very extensive work. A three-unit bridge and inlay, and a four-unit bridge were all to be accomplished during two separate visits. During both visits, the same treatment with Hemi-Sync and acupuncture was used. The patient had one area in her right anterior mandible which remained a bit sensitive, but she endured on both visits with minimal discomfort and no agitation. She reported she did not want her earphones removed even after the acupuncture was discontinued. She noted that the tape helped her to feel at ease and detached from discomfort.

The third patient was a very environmentally sensitive woman who could not tolerate drugs or anesthesia of any kind and needed several fillings. She, too, did well and had minimal to no discomfort during her procedure.

HEMI-SYNC FOR SURGICAL PATIENTS

We have had two patients who required surgery and who used the EMERGENCY SERIES. The *Pre-Op* tape was given three to five days prior to surgery for daily listening. One hysterectomy patient was able to listen to the *Inter-Op* tape during her surgery. In the recovery room and for several days thereafter, the *Recovery* and *Recuperation* tapes were played daily.

The hysterectomy patient required minimal self-administered analgesia the first day and virtually no medication on the second day. The nursing staff encouraged the patient not to be stoic and to use medication when she felt pain. However, the patient insisted she had little or no discomfort. She was discharged on the third day.

The second patient, diagnosed with a ruptured disc, underwent a lumbar laminectomy. She reported very little need for pain medication after the procedure and was released from the hospital much sooner than expected. She was very pleased, as was the hospital staff, at her fast recovery rate.

HEMI-SYNC DURING OTHER THERAPY

Hemi-Sync METAMUSIC® and other tapes used with the synthesizer, are also played during massage therapy, acupuncture treatments, and relaxation training in our Clinic. During massage therapy, Hemi-Sync over open speakers not only allows the patient to relax, but reportedly supports the therapist in achieving a deeper insight into the patient's problems. During acupuncture, patients reach a deeper state of consciousness which enhances the energetic acupuncture therapy.

CONCLUSION

The use of the Hemi-Sync process has proven to have significant clinical use for various problems from pain management to relaxation therapy. Its uses are limited only by our lack of application. Wherever and whenever the integration of body, mind, and spirit is a therapeutic goal, Hemi-Sync can be of invaluable assistance.

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